

UPDATE

The Ability to Control Diabetes Is In Your Hands **Everyday Steps to Care of Your Diabetes**

Eat Healthy Foods

People with diabetes do not need special foods. The foods on your diabetes eating plan are the same foods that are good for everyone in your family! Try to eat foods that are low in fat, salt, and sugar and high in fiber such as beans, fruits and vegetables, and grains. Ask your doctor to give you the name of a dietitian who can work with you to develop an eating plan for you and your family. Your dietitian can help you plan meals to include foods that you and your family like to eat and that are good for you.

Get regular exercise

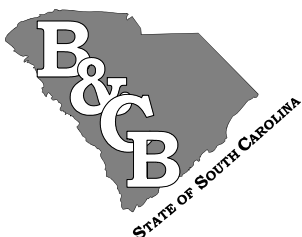
Exercise is good for your diabetes. Walking, swimming, dancing, riding a bicycle, playing baseball, and bowling are all good ways to exercise. Before you begin exercising, talk with your doctor. Your doctor may check your heart and your feet to be sure you have no special problems. Your doctor or nurse will help you find safe exercises. Try to exercise regularly. Exercise at least three times a week for about 30 to 45 minutes each time. If you have not exercised in a while, begin slowly. If you haven't eaten for over an hour or if your blood sugar is less than 100-120, eat or drink something like an apple or a glass of milk before you exercise. When you exercise, carry a snack with you in case of low blood sugar. Wear or carry an identification tag or card saying that you have diabetes.

Take your diabetes medicine every day

Insulin and diabetes pills are the two kinds of medicines used to lower blood sugar. Regardless if you are on insulin or pills it is very important for you to take your diabetes medicine every day or as it is prescribed by your physician. Never skip your medication! Communicate your concerns about your health and medication to your physician. It is important that you make a personal decision to remind yourself from taking your medication.

Test your blood sugar every day

You need to know how well you are taking care of your diabetes. You need to know if you are lowering your high blood sugar. The best way to find out is to test your blood to see how much sugar is in it. If your blood has too much or too little sugar in it, your doctor may need to change your eating, exercise, or medicine plan.



STATE HEALTH PLAN PREVENTION PARTNERS
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